



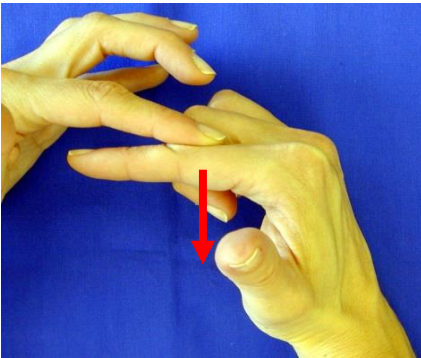
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PASSIVE FINGER FLEXION

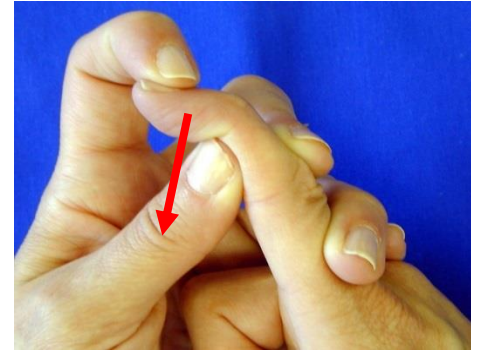
Perform these exercises 5 times a day.



1. Use your other hand to bend and stretch the MP joint on your injured hand. Hold for the count of 3, repeat 5 times.

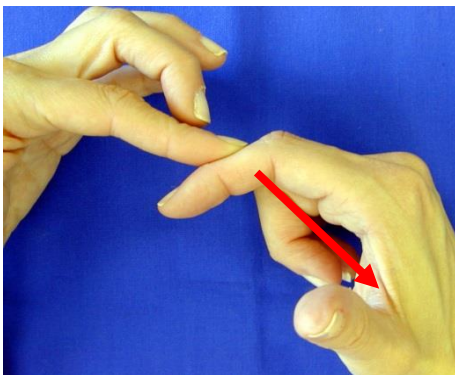


2. Use your other hand to bend and stretch the PIP joint on your injured hand. Keep the bottom knuckle straight while you stretch. Hold for a count of 3, repeat 5 times.

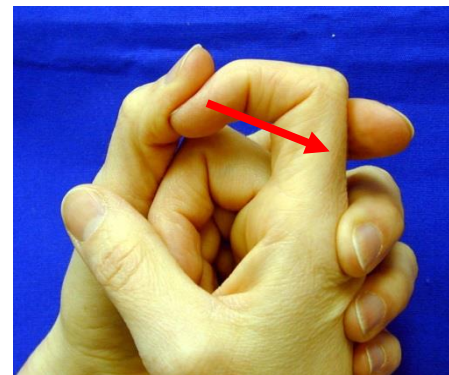


3. Use your other hand to bend and stretch the DIP joint on your injured hand. Keep both knuckles below straight while you stretch. Hold for a count of 3, repeat 5 times.

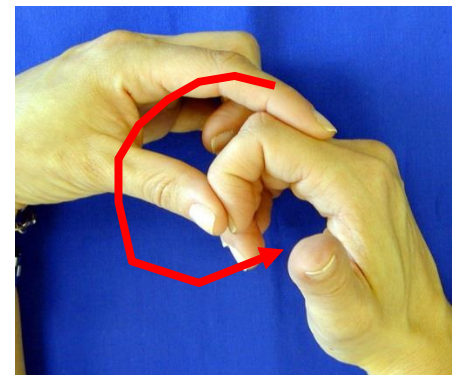
Comments:



4. Use your other hand to bend and stretch the MP and PIP joint on your injured hand. Try to get the pad of your finger to touch your palm. Hold for a count of 3, repeat 5 times.



5. Use your other hand to bend and stretch the PIP and DIP joints on your injured hand. Try to get the pad of your finger to touch the base of your finger. Keep the MP joint straight. Hold for a count of 3, repeat 5 times.



6. Use your other hand to bend and stretch your entire finger on your injured hand into a fist. Try to get your fingertip to touch the crease in your palm. Hold for a count of 3, repeat 5 times.